



Be Ready Utah

BASIC CONTENTS FOR BACKPACK YOU ADD PERSONAL NEEDS

- Place backpack underneath head of bed with handle facing out for quick grab.
- Closet or hanging hooks at door for quick grab n' go!!!
- Children and adults should always keep extra pair of hard sole *shoes* next to the bed for quick evacuation.

KEY ITEMS:

- 1 backpack or tote bag, duffle bag, or a small suitcase on wheels for easy transportation.
- 1 warm jacket or sweater, hat and gloves to keep hands warm.
- 2 pair or more socks.
- Change of clothes. Pack warm clothes for emergency kit. Sweatshirt and pants are suitable!
- Change of under garments.
- Small blanket or emergency Mylar blanket, purchase at any stores in the camping section.
- Coloring book(s), crayons, pencils and paper for children.
- Writing pads, pen / pencils to take notes.
- Reading book(s), pad games, crossword puzzle pads, etc. for *stress relief*.
- Small stuffed animal for security and *stress relief*.
- Always keep a flashlight and extra batteries in your emergency backpack.
- Mom/Dad, keep battery operated radio in backpack in case of power outage.

PLACE ITEMS BELOW IN ZIP LOCK BAG TO KEEP TOGETHER AND PUT IN YOUR EMERGENCY BACKPACK

- 1 emergency poncho. (one size fits all - children sizes are available at any stores in the camping section).
- 1 or more hand / body warmers (usually 2 per packet at any stores in the camping section).
- Trial size toothpaste and tooth brush.
- Trial size hand / body moisturizing lotions.
- Trial size shampoo / conditioner.
- 4 or more moist hand wipes or towelettes (individually packaged).
- 4 sterile alcohol pads or swabs to clean wound or cuts (individually packaged).
- Variety size band aids, gauze, first aid tape,
- 2 or more pocket size facial tissues,
- Trial size bar soap, or sanitizer (kills germs without water).
- Nail file, tweezer, nail clippers (adult backpack).
- Q-tips, cotton pads / swabs to clean wound or cuts.
- Various size safety pins (in case you pop a button or broken zipper!).
- 1 blow whistle with lanyard to hang on backpack or hang around your neck.
 - Plastic whistles are great! If wet, shake water out and it will re-blow.
 - Place metal whistles in plastic bag to keep from getting wet. If wet, whistle will rust and won't blow as well, keep dry.
 - Mom: Place a whistle on baby diaper bag.
 - Attach whistle to wheelchairs, walkers, for whistles can be heard over a yell for help.

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